# MARINE IFES

November 8,2001Hawaii Marine B Section



Marines, Sailors and their families enjoyed the barbecue as much as they enjoyed the games. music and interaction during 3/3's Family Day.



# 3/3 serves up predeployment family fun at...

# Family

Story and photos by Sgt. Richard W. Holtgraver, Jr. Combat Correspondent

After conducting training at the Pohakuloa Training Area on the Big Island and completing their Marine Corps Combat Readiness Evaluation, Marines from 3rd Bn., 3rd Marine Regiment spent Oct. 31, having fun at Risley Field aboard MCB Hawaii during Family Day.

More than 300 Marines, Sailors and their family members spent the day interacting with each other during sporting events and other social activities arranged for the

"What we wanted to do was get the Marines together in a fun atmosphere to celebrate the completion of our MCCRE," said Lt. Col. David L. Close, 3/3 commanding officer.

With the entire day dedicated to having fun, sports competitions included softball, horseshoe and volleyball tournaments.

One of the most popular activities of the day was the dunk tank provided by Marine Corps Community Services.

the 3/3 Family Day.

Along with the sounds of families interacting and children laughing, a deejay played music and emceed the awards ceremony for the teams that won the sporting events held earlier in the day.

provided for the keiki.

Toward the end of the day, the smell of barbecue chicken, hamburgers, hot dogs and chips floated through the air as people fed their enormous appetites after a day filled with non-stop activity.

Not only was Family Day arranged for the merriment of the Marines, Sailors and families, it was a good chance for the spouses of the Marines and Sailors to interact and make contacts.

> Since 3/3 is scheduled to deploy to Okinawa, Japan, in February for the Deployment Unit Program, the wives of the servicemembers will need to rely on each other for support while Marines and Sailors are away.

"I was able to meet people I could get in contact with in the future to help me get adjusted here on base," said Evelyn Mercado, a spouse and mother of three who arrived at MCB Hawaii in August.

Events like Family Day are important to units because they help Marines,

Sailors and their families form an environment where they can assist each other getting through difficult times.

"I think it's positive to get together once in a while and to get to know other people within the company," said Mercado. "Being away from home, we have to come together as a family."

If more than 300 smiling faces of young and old alike were any indicator, the mission to have fun and build unit cohesion was a great success.



Families were able to enjoy a barbecue as they played games, listened to music and met other 3/3 families during



Above — 1st Lt. Christopher T. Steele, executive officer of Kilo Co., 3/3, serves up a volleyball during the festivities while (immediate right) the MCCS dunk tank swallows another victim and 4-month-old Nicholas (far right) catches some winks.

MARINE CORPS COMMUNITY SERVICES www.mccshawaii.com

# Possibilities in Paradise

By Debbie Baker, MCCS Public Relations

# Ho, Ho, Whole Lot of Savings

While you decipher who's been naughty and nice, the MCCS Retail division offers an early holiday gift to all base patrons beginning Saturday.

Santa's Silver Certificates will be issued to patrons, while supplies last, through Nov. 21. For every \$10 spent with cash, the Military Star Card, credit card or by check, at Exchange, Main Exchange Annex, Camp Smith Exchange, Nutri-Fit Center and The Game Zone, patrons will receive Santa's Silver Certificate which may be used from Nov. 23 – Dec. 24 at any of the above mentioned retail outlets,





(All events are open to single, active duty military.)

# Mahalo

Many thanks to Windward Community Credit Union for making the SM&SP activities, trips and sporting events possible.

#### Upcoming **Events**

Nov. 17: Interservice Paintball Tournament scheduled at the MCB Hawaii Paintball Field from 8 a.m. to 5:30 p.m. Teams must consist of three players and the entry fee is \$75 per team. Teams can bring their own paint or buy it on site.

Nov. 21: Holiday Bash, free holiday meal at the E-Club from 7-11 p.m., featuring door prizes, DJ and Band, Dance Party, Sumo wrestling.

Dec. 4: Lava Java Coffeehouse, inside Enlisted Club, is hosting "Take a Break to Educate," from 6:30 - 8:30 p.m. On-base college information will be available, and educational professionals will provide resources and benefits about earning a higher education.

Dec. 14: Shank and Slice Golf Tournament.

Dec. 30-Jan. 1: Outer Island Trip.

# Reservations

For more information or to make reservations call 254-7593.

as well as the Christmas Tree Lot near Exchange Annex.

Some restrictions may apply. For additional information, call 254-3890.

## Gobble 'em up...

Spend your Thanksgiving holiday giving thanks, not cooking in the kitchen. Order a Turkeyto-Go meal from Fairways for only \$59.

This hearty feast will feed six to eight adults and includes one 10 - 12 lb. Herb & Garlic Roast Turkey, Cornbread, Portuguese Sausage and Chestnut Stuffing, Giblet Roast Gravy, Garlic Mashed Potatoes, Corn O'Brien, Cranberry Sauce, Rolls and Butter and Pumpkin Pie.

Turkey-to-Go meals will be available for pickup on Thanksgiving Day at Fairways, Bldg. 3088 from 10 a.m. – noon. Payment is due at the time of reservation. For more turkey talk, call 254-5592.

# Happy Birthday Devil Dogs

The Rocker Room rocks Saturday! All Staff NCOs and their guests are invited to celebrate the United States Marine Corps' 226th Birthday from 7 p.m. – 1 a.m. Catch a patriotic moment during the toast and cake-cutting ceremony at 8 p.m. and then DJ Brian keeps the party alive until 1 a.m. For more information, call 254-5592.

# 3-on-3 Basketball Food **Drive Tourney**

The SM&SP and the Windward Community Federal Credit Union want you to help drive out hunger this Thanksgiving. Compete in the 3-on-3 Basketball Food Drive Tournament, Nov. 13 – 16 at the K-Bay main gym from 11 a.m. – 3 p.m.

Monetary donations are accepted to cover entry cost. All participants must bring one non-perishable food item.

Teams must register by Monday. Tournament divisions include Open Class, 6 ft. & Under, Woman's Open and 30 years & Over. All proceeds from the tournament benefit MCB Hawaii families. For more information and to register, call 254-7593.

# **Beauty Harvest**

Make a Glam-Slam this holiday season with a little help from The Cut Haircare, during "Harvest of Beauty" special beginning today.

The Harvest of Beauty promises \$5 off a fullstyling package to include a shampoo, haircut and a blow dry / style.

Located inside Mokapu Mall, The Cut Haircare welcomes both appointments and walk-ins. Call 254-6585.

## The Great American Smokeout

Just quit smoking, dipping or chewing tobacco and you'll live longer. If the notion of living a longer, healthier life is not motivation enough, how about a free massage?

The MCCS Health Promotions and the Naval Medical Clinic Pearl Harbor are convinced they can motivate you to kick the tobacco habit for good. All MCB Hawaii patrons are invited to check out The Great American displays Smokeout Tuesday-Thursday learn the dangers of tobacco products, ways users can kick the habit for good and to enter a drawing to win a free massage.

The Great American Smokeout booth will be appearing at Anderson Dining Facility Tuesday and Wednesday from 11 a.m. – 1 p.m. and Nov. 15 from 6 - 7:15 a.m. and then at the Branch Medical Clinic from 9. a.m. to 1 p.m..

All tobacco users are encouraged to turn in their products to be entered to win the free massage. All non-tobacco users may

submit a ripped out tobacco magazine advertisement to be entered for the drawing.

For more of The Great American Smokeout details, call Dan Dufrene at 254-7636.

## Way-to-Go, NCOs...

Staff NCOs, retire the shop talk and treat your top NCOs to a night of appreciation at the Rocker Room, Nov. 16 from 4 – 6 p.m. All guests may pounce on the free pupus and beverages and stay for the after dance party with DJ Brian. For more rockin' NCO appreciation information, call 254-5592.

# **Hot to Turkey Trot**

First Radio Bn. and Safeway invite all MCB Hawaii families to enter the 4th Annual Turkey Trot 10k and free Family Fun Run, Nov. 17, at Pop Warner Field. The Turkey Trot 10k entry fee is \$12 and participants who register before Friday are guaranteed to receive an exclusive Turkey Trot Tshirt.

Information packets may be picked-up at the Semper Fitness Center, Bldg. 3037 on Nov. 15 and 16 between 9 a.m. and 4 p.m.

All Turkey Trot competitors will be entered to win a free Thanksgiving Turkey courtesy Safeway. For more Turkey Trot talk, call Steve Kalnasy at 254-7590.

# Let's Play Reindeer Games

MCCS, AAA Hawaii, Bank of Hawaii and US-AA are making it all possible during the Shaka Santa Saturday, Dec. 1.

Shaka Santa Saturday is a day-long holiday celebration for all of MCB Hawaii families that will feature Santa's Village and a Holiday Craft Fair.

Santa's Village is staged at the Enlisted Club, Bldg. 1666 from 9 a.m. – 2 p.m.

This gala will showcase free pictures with Santa, Make & Take Christmas crafts for the keiki and entertain the big kids. This first-time competition will challenge guests to compete against each other as they vie for the highest Nintendo video game score. The winner will receive a GameBoy Advance and a game cartridge courtesy of United Benefit Financial Services. For more information about Santa's Village, call 257-

## **Crafty Crafters**

All crafters interested in selling items at the K-Bay Holiday Craft Fair should reserve a table now.

As part of MCCS' daylong holiday celebration, "Shaka Santa Saturday," scheduled for Dec. 1, Mokapu Mall will transform into Santa's Workshop to feature some of the most unique and sought-after holiday crafts and gifts on the island.

The crafting table and chair fee is \$40 and reservations must be made no later than Nov. 26.

For more information, call Jennifer Sherman at 254-7417.

# **Personal Services**

Sunday-nov. 17 Celebrate National Education week by dropby the Joint ping Education Center, Bldg. 219 to discover the plethora of higher education opportunities granted for both military personnel and family members. available. For more information, call 257-2158.

Tuesday — Marines and Sailors, if you're getting out of the military let the professionals at the Transition Assistance Program provide you with invaluable information to help better prepare you for civilian life. The next TAP seminar will be held inside the Base Theater. Spouses are welcome, call 257-7790.

Wednesday — P.R.E.P. Couples' Communication Workshop is a one-day workshop concentrating on the tools necessary to build, foster and promote healthy, open communication between couples. This comprehensive communication course is scheduled from 8 a.m. - 4 p.m. in Bldg. 216 Room 57. Make your reservations today. Call 257-7780.

Wednesday — The sixweek Couples' Communication Workshop focuses on the art of and differences between male and female communication. Classes meet each Wednesday from 2 – 4 p.m. in Bldg. 216 Room 57. Call 257-7780 for reservations.

*Friday* — Just because children don't come with a set of instructions, doesn't mean that you can't gather a little ankle-biter knowledge on your own. Join the ranks of the "Enlightened Parents" and attend the free, sixweek Parenting Class series. Classes are held each Friday from 9 - 11 a.m. in Bldg. 216 Room 57. Call 257-7780 for reservations.

Nov. 16 — The ASYM-CA is seeking volunteers to create Thanksgiving Food Baskets for MCB Hawaii families. Baskets should include a variety of non-perishable food items and must be brought to the ASYMCA.

In addition to the Thanksgiving Baskets, you may also make a \$10 contribution for the purchase of Thanksgiving Turkeys by Weekly briefs and individ- Tuesday. For more inforual appointments are mation on donating time or money, call 254-4719.

> *Nov.* 26-29 — Don't miss the last LINKS session of 2001, inside the LINKS House, Bldg. 3074 from 6 - 8:30 p.m. Free on-site childcare is available if requested when making reservations. Whether you're new to the island, to military life or both, all spouses prosper with the benefits of LINKS. Call 257-2368.

# Reel Fun...

# **Biz Quiz Question:**

Which 1937 Walt Disney movie was the first animated feature?

Last week's: How many Friday the 13th movies exist? Nine

The Winner is: Tammy Reeves

# How it works

Call the K-Bay Fun Phone, 254-K-BAY and leave the correct Show Biz Quiz

movie answer, your name and a phone number by Friday at 9 a.m.

The MCCS Marketing Department will draw one name from all correct entries each Friday afternoon. The Show Biz Quiz winner will receive two on-base movie tickets.

# MOVIE TIME-

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free. Matinee prices are \$2 for adults and \$1 for children. Parents must purchase tickets for "R" rated movies in person at the box office for children 16 years old and younger.

For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons. Please show your ID at the box office. Phone 254-7642 for recorded info.

Hearts in Atlantis (PG-13) Glitter (PG-13) Don't Say a Word (R) Hardball (PG-13) Glitter (PG-13) Rock Star (R) Tomb Raider (PG-13)

Friday 7:15 p.m. Friday 10 p.m. Saturday 7:15 p.m. Saturday 10 p.m. Sunday 3:30 p.m. Sunday 7:15 p.m. Wednesday 7:15 p.m.

# Hawaii ARINE

B-3, Hawaii Marine Sports Page November 8, 2001

# Untouchables defeat Maint. Co.

Cpl. Roman Yurek Lifestyles Editor

Football season is in full swing across the United States, and at MCB Hawaii,

gridiron players they had for the Intramural Flag Football season.

On Nov. 2, the Untouchables went head-to-head w i t h Maintenance Co. in a grueling defensive struggle for superiority on the field which ended in a 7-6 victory for the Untouch-ables.

Both teams had a rough start when each quarterback threw an interception during their first possession.



Robert Ortiz, running back for

Maintenance Co., tacked up many rush-

ing yards for the team.

Maintenance Co. was able to capitalize on the turnover by scoring the first touchdown, which was scored by quarterback Kevin Herrback.

The Untouchables were not shut down Kaneohe Bay, units put together the best yet. Their running game allowed them to

> creep closer and closer to the end zone. Once there, quarterback Reggie Wallace penetrated the Maintenance defense and scored the team's first points.

Though it was early in the game, the extra point scored by the Untouchables would prove decisive, as the first half ended, 7-6 Untouchables.

After the first half, the Maintenance team began to pick up the pace and run the ball more. This tactic had worked well for the Untouchables offense in the first half.

Now the defense on both teams seemed invincible.

See FOOTBALL, B-7



Untouchable quarterback Reggie Wallace prepares to throw deep during Intramural action against Maintenance Co.

# DMA brings grace to K-bay residents

**Story and Photos** Staff Sgt. Jesus A. Lora Community Relations Chief

Music from Tchaikovsky and children's laughter fill the mirrored rooms as accomplish." the smiling students danced across the floor waiting for the next command from the instructor.

Di Rodin, a 1983 graduate of Julliard School of Dancing in New York City, started dancing when she was four years old and has continued her love for dancing for over 30 years.

Wanting to work with kids, Rodin opened a school for ballet, tap, jazz and gymnastics aboard MCB Hawaii, Kaneohe Bay. The Dance Movement Academy opened its doors in 1997 and has over 120 members.

"My heart jumps when my kids want to start class just as I open the doors to my studio," said Rodin. "They have a hunger to learn, and to share with me what they have learned themselves. It's so wonderful."

The DMA helps youngsters and adults develop their talents in dance and gymnastics. Ages range from 18 months to 53

Recitals are a big hit in the DMA. The three major ones are Christmas, an annual recital in May, and BayFest. The school also has a few during the year.

"I treat every class as if it were a recital," said Rodin. I teach them to be proud of who they are and what they can

Equipment at both studios ranges. There are horizontal bars, trampolines, a balance beam, an Olympic-size matted floor, barrels, a miniature springboard, un-even bars and a vault.

"The biggest hit at the gymnastic class is the trampoline," said Rodin. "The kids can never get enough of it."

Bouncing kids wait patiently for their turn at the trampoline.

Children seem to be flipping, twirling and bending their bodies into pretzels. One little girl stares at the mirror with amazement as her feet move with the musical rhythm.

In addition to Rodin, the school has two other helpers — April Braun, who adds spice to the jazz classes, and Julianca McCoyd, who has more than two years experience dancing and teaching with DMA.

"It's a joy to teach my kids," said Rodin. "I love to see their confidence build, which is a stepping stone later in life."

For class information and registration,



Katie Robinson anticipates the landing as she dazzles her fellow students with her





Top — Paige Crouch, left, and Kali Bandy practice their moves while watching themselves in the dance studio mirrors. Left — Savannah Long smiles as she completes one of the many difficult positions taught at the DMA.

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# Base Aloha Fair opens eyes to community

Sgt. Richard W. Holtgraver Jr. Combat Correspondent

People who wanted to learn more about services MCB Hawaii and the Windward community have to offer went to the Fall Community Aloha Fair Oct. 30 at the Enlisted Club ballroom.

week's Last fair brought more than 300 Hawaii weren't the only people to the Enlisted Club to find information on a number of services ranging from the Key Volunteer Program, to the Insights Lifestyles Networking Knowledge and Skills program, to the Chaplains Religious Enrichment Development Operation.

More than 50 vendors set up display tables so Marines, Sailors and their families could learn what they had to offer, according to Bobbie Brock, con- England

Marine Corps Community Services.

"Ultimately, the fair is for new people here at MCB Hawaii, but it is also for seasoned residents as well," said Brock. "It gives them the opportunity to come and check out what we have to offer on base, and in the local community."

Residents of MCB ones who benefited from the Aloha Fair.

Local businesses, banks, phone companies, colleges and other services set up tables and informed people of what products and services they have to offer.

"The fair lets the Marine Corps community know that we're out there, and that we have products and services for them," said Isaac Hudson, a pension consultant for New Financial's sumer affairs coordinator Honolulu branch office.

"It's a pretty good place to find out exactly what's going on aboard the base," said Staff Sgt. John F. Courtenay, frequency manager Headfor Bn., quarters MCB Hawaii, Kaneohe Bay. "The fair is also a good chance for people to get to know each other."

Colleges such Chaminade University and the University of Phoenix were on hand to offer information on their curriculums.

The Aloha Fair is a biannual event. Last week's fair was the second.

The next Aloha Fair is scheduled for Tuesday, March 19, 2002.

For more information about the next fair, contact Bobbie Brock at 254-7653.

# Get in there



Maria Hennings, from the CSSG-3 team, attempts a 15-foot putt. Unfortunately, her valiant attempts could not help her team place in the Intramural Golf Tounament Oct. 31. First place went to the team from Headquarters Bn., MCB Hawaii, Kaneohe Bay, and consisted of Jonathan Hitesman, Matthew Early, Juan Sandoval and James Lock. Second place was awarded to the team from Commander Patrol and Reconnissance Force Pacific.

# -Marine Makeponos -

HAWAIIAN FOR "MARINE BARGAINS"

# **Autos**

Oldsmobile 1990 Regency, 89,000 miles, automatic, white with plush blue interior. Moving Nov. 14, must sell. Asking \$2,500 OBO, call 254-4968 or 387-7273.

2000 Ford Ranger 12,000 miles, 6-cylinder, 5 spd, 75,000 mile warranty, Aloha Topper Camper shell, regular cab, long bed. Asking \$10,000, call Jeff at 257-7112 or 429-1384.

2000 Dodge Avenger ES with auto alarm, alloy wheels, leather, 10,000 miles. Asking \$16,500, call Chris Huff at 257-1323.

**Dodge** Stratus 1999 27,000 miles, loaded for \$13,000. Call 254-1724 if interested.

## **Real Estate**

Large studio, quiet valley cul-de-sac, near mountain and ocean. Utilities included, no down payment, \$550 per month, 10 minutes from H-3. If interested call 287-4215.

#### **Pets**

Gray Cockatiel, 6 to 8 months old for \$60 OBO, call 254-1724.

## Miscellaneous

Custom car cover for 1982 BMW 320i, but should fit all BMW 3-series cars. Paid \$120, asking \$40. Just like new. Call 254-4968 or 387-7273.

Carpet sale, high quality beige carpet with thick padding currently installed in a single level 3 BDR/3 BA MCB Hawaii Loa housing (E-6 and E-7). Paid \$2000, make an offer. Must see, call 254-4968 or 387-7273.

Panasonic A/C 11,500 BTU, three months old for

5,000 BTU, three months Huff at 257-1323.

Webber smoker/grill \$20 OBO and 10 gallon aquarium complete with two fil-

\$250. Whirlpool A/C ter systems for \$25 OBO. Call 254-1724 if interested. old for \$125. Call Chris GE large capacity, heavy duty washer and dryer, sell as a set for \$400 OBO. Great condition, Marisol at 349-2627.

The deadline for submitting ads is 10 a.m. Friday the week prior to publication.

Ad forms may be filled out Monday through Friday from 7 a.m. to 3 p.m. at the MCB Hawaii Public Affairs Office, lo-

cated in Bldg. 216. Ads must be submitted in person and will be accepted only from active duty and retired military personnel, their fam-

ily members and MCB Hawaii civil service workers. Ads are free and will appear in two issues of the Hawaii Marine.

Marine Makeponos may be used only for noncommercial classified ads containing items of personal property offered by and for individuals authorized to use this service. Such ads

must represent incidental exchanges, not of a sustained busi-Ads are run on a first-come, first served, space-available

# FOOTBALL, From B-3

Just a few minutes into the half, Wallace threw another interception. The Maintenance offense rushed onto the field to attempt some fast plays to gain some yards.

"Come on, they're hurrying, they're hurrying," Untouchable's yelled safety Rashad Stokes.

With only minutes left to play, the Untouchables got the ball back, and attempted a touchdown.

Eric Aisoff picked off the pass for his second interception of the game. This last interception was still not enough to defeat the Untouchable defense.

"Our defense held their own and stuck it out all game," said Eric Thompson, running back for the Untouchables. "We were missing a few players, but our defense played well."

# Up and coming...



Eric Thompson, a running back for the Untouchables, attempts to dodge a defender on his way to the end zone. Thompson can be found off the gridiron working as a supply warehouse clerk for 2nd Bn., 3rd Marine Regiment. The 22-year-old lance corporal played football in high school as a fullback and middle linebacker. He is now on his second season with the 2/3 team, his first season was played in Okinawa.

B-8 • November 8, 2001 Hawaii Marine

# Word to Pass

# Tour de Cure

The American Diabetes Association Hawaii will hold the Bud Lite 'Tour de Cure," bicycling fundraiser presented by Star Markets, on Sunday.

The course offers rides of nine, 20, 28 and 33 miles. The shortest course will be a roundtrip from Kakaako Waterfront Park to Ala Moana Beach Park; the longest will be a roundtrip to Sandy Beach.

This will be the first this national time fundraiser has been held in Hawaii.

individuals, \$12 for children 12 and under, and \$25 for families or teams of three or more. Larger teams will have a smaller registration fee, depending on the size of the team.

Forms are available online at www.tourdecurehawaii.com, at all Star Markets and local bicycle shops, or by calling 947-5979.

## Learn Ancient **Chinese Health Methods**

East West Qigong International, a local nonprofit organization, is presenting two free Qigong seminars. The first is McCully-Moiliili Street.

Public Library from 5:30

to 7 p.m.

For more information on the free seminar, call 941-9707 or visit www.eastwesthealth.net.

## **UH Football Appreciates Military**

This year, the University of Hawaii Football Military Appreciation Night will be Nov. 24, when UH plays the United States Air Force Academy. The university is giving a \$3 discount for the North End Zone tickets only. All Registration is \$35 for tickets will be sold at Aloha Stadium.

#### **Voice Opinions at** Bike Plan Hawaii

Kimura International, Inc. has been contracted by the State Department of Transportation to update the 1994 statewide bicycle master plan.

As part of the planning process, they are holding several community workshops on Oahu to gather initial public input.

The Windward community is invited to attend the workshop scheduled for Tuesday from 6:30 to 8:30 p.m. at the Kaneohe Community and Senior scheduled for Nov. 16 at Center at 45-613 Puohala

Participants at the community workshop will help identify areas needing new bikeways, areas that are hazardous for bike riders and any other issues.

For more information, call 944-8848.

#### **Mahalo Military Specials**

As a salute to the Armed Forces personnel, Starwood Hotels and Resorts Hawaii has announced that it is offering special rates to military stationed in Hawaii. These special rates are available at all Starwood properties in Hawaii now through the end of the year.

Some rates start at \$79 per room and some rates include free parking.

As a special mahalo, guests will receive a certificate for a return stay in 2002 at any Starwood Hotel in Hawaii, at these same military rates.

Rates vary by property and are valid through Dec. 25. Reservations can be made by calling any military ITT office or 1-800-782-9488. A valid Military I.D. is required to obtain this special deal.

# JARHEADSands

BLAH BLAH BLAH PARTY BLAH

BLAHBLAH BLAHBLAH BLAH

BLAH SECURE BLAHBLAH BLAHBLAH BLAH BLAH BLAH LIBERTY BLAH BLAH BLAH BLAH BLAH BLAHBLAH

EVER WONDER WHAT REALLY GETS HEARD AT THOSE TRAINING SESSIONS ....